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U. S. DEPT. OF AGRICULTURE

UNITED STATES DEPARTMENT OF AGRICULTURE  
BUREAU OF HOME ECONOMICS  
WASHINGTON, D.C.

SOYBEANS

The increased production of soybeans in the United States for a forage crop has made them easily available for human food in some communities. Soybeans furnish a protein equal in quality to that found in meat, milk and eggs, and are also an important source of vitamin B. The large amount of fat, although lacking in much fat-soluble vitamin, is an economical source of energy. Soybeans are also rich in calcium and iron and give an alkaline reaction in the body. Since the beans contain little starch, they may be used as one of the important constituents of a diabetic diet.

In order to illustrate their varied uses in the diet the Bureau of Home Economics has brought together recipes for the green and dried beans.

Preparing Green Soybeans

When about fully developed soybeans may be used as a green vegetable. They are good steamed or boiled and served as other varieties of green beans or peas. The green soybeans shell more easily if first boiled in the pods for about three minutes.

Scalloped green soybeans

3 cups green soybeans	6 tablespoons flour
Water	1 teaspoon salt
3 cups milk	Pepper to taste
6 tablespoons fat	1 cup buttered bread crumbs

Steam or boil the beans until tender. Heat the milk and thicken with the combined fat and flour. Add this to the beans with the seasonings. Place in a greased baking dish, cover with the bread crumbs, and bake until the crumbs are browned and the mixture is heated through. Tomatoes served with this dish make a good combination.

Preparing Dried Soybeans

Dried soybeans may be prepared in much the same way as navy and other dried beans, except that the soybeans require longer soaking and much more cooking. Dried soybeans generally need to be soaked for 24 hours and simmered for at least two hours, depending on the dryness of the bean and the variety. A pressure cooker or fireless cooker can be used to advantage. Since soybeans are very rich in fat, they do not require additional fat in cooking, but a little meat fat or butter may be added for flavor. The cooked dried beans may be made into a baked dish by seasoning and baking slowly for three or four hours.



### Casserole of soybeans

1/4 cup diced salt pork	5 tablespoons flour
2 cups chopped celery	2 cups milk
2 tablespoons chopped onion	1 tablespoon salt
2 tablespoons chopped green pepper	2 cups cooked soybeans, chopped

Brown the diced salt pork in a frying pan. Add the chopped celery, onion, and green pepper and saute for about 5 minutes. Add a thickening made from the flour, milk, and salt, and stir while heating to the boiling point. Stir in the beans. Pour the mixture into a greased baking dish. Cover with the buttered bread crumbs. Bake in a moderate oven (350°F.) for 30 minutes or until the crumbs are brown.

### Chili con carne using soybeans

1/4 cup chopped onion	2 cups cooked soybeans
1/4 pound salt pork, diced	2 cups tomatoes (canned or fresh)
1/2 pound lean beef, ground	1 tablespoon chili powder

Brown the onion and salt pork in a frying pan. Add the beef, and cook slowly for 5 minutes. Then add the remainder of the ingredients and heat all to boiling.

### Soybeans southern style

2 cups cooked soybeans	4 tablespoons grated cheese
2 cups corn (canned or fresh)	2 teaspoons salt
2 cups tomatoes (canned or fresh)	1/2 cup buttered bread crumbs

Put alternate layers of the beans, corn, cheese, and drained tomatoes into a greased baking dish. Mix the salt with the juice drained from the tomatoes and pour over the mixture. Cover with the buttered bread crumbs and bake in a moderately hot (350° - 400°F.) oven for 30 minutes, or until the crumbs brown.

### Soybean salad

1-1/2 cups cooked soybeans	1/2 cup carrot cubes
1/2 cup diced celery	1 teaspoon finely minced onion
1/2 cup diced cheese	1/4 cup French dressing.

Mix the ingredients with the salad dressing. Chill thoroughly and serve on crisp lettuce.

### Roasted Soybeans

Roasted soybeans are somewhat like roasted peanuts in flavor. Soak the beans overnight. Boil them for one hour in salted water, spread in a shallow pan, and roast in a moderate oven (350°F.). Sprinkle them with salt while still warm.

### Use of Soybean Pulp

The cooked soybeans may be made into pulp by mashing, grinding, or pressing through a coarse sieve. Some suggestions for the use of the pulp follows:

#### Soybean vegetable soup

1/2 cup chopped celery	1 tablespoon salt
2 cups tomatoes	Pepper to taste
2 cups soybean pulp	2 tablespoons flour
4 teaspoons chopped onion	3 cups water

Combine the celery, tomatoes, soybean pulp, and seasonings. Mix the flour with the water, stir in this thickening, and cook for 20 minutes.

#### Soybean croquettes

1/2 cup milk	1 cup chopped celery
1-1/2 tablespoons flour	1 egg, beaten
2 cups soybean pulp	2 cups fine dry bread crumbs
1 cup bread crumbs	Salt and pepper to taste

Make a sauce from the milk and flour and combine with the other ingredients. Shape the mixture into croquettes, dip in the beaten egg, and roll in the crumbs. Fry until brown in hot fat (375° - 390°F.). Curry powder may be used to vary the flavor. This mixture may also be made into a loaf and baked in a moderate oven (350°F.) for 40 minutes.

#### Soybean souffle

3 eggs	1 teaspoon salt
3 cups hot soybean pulp	Pepper to taste
2 teaspoons chopped onion	2 tablespoons finely chopped parsley

Beat the yolks of the eggs and add them to the other ingredients. Fold into the well-beaten whites of the eggs. Heap the mixture lightly into a greased baking dish. Bake in a very moderate oven (320°F.) for about 20 minutes or until set. Serve immediately.

#### Soybean sandwiches

2 cups cold soybean pulp	2 teaspoons finely minced onion
2 tablespoons melted butter or cream	Salad dressing

Combine all the ingredients and spread the mixture between thin slices of buttered bread. For variation add grated cheese, chopped green pepper, pickle, or celery, or chili sauce.



### Soybean pie

3/4 cup soybean pulp	1/4 teaspoon mace
3/4 cup milk	1/4 teaspoon salt
1/2 cup sugar	1 egg
1 teaspoon cinnamon	1 tablespoon butter
1/2 teaspoon allspice	Pastry

Heat the soybean pulp, milk, sugar, spices, and salt in a double boiler, add to the beaten egg and butter, and mix well. Pour the hot mixture into a deep baked pie crust and bake in a moderate oven. (350°F.) about 30 minutes, or until the filling is set in the center.

### Soybean Flour

Soybean flour can be used successfully in the making of bread, muffins, biscuit, pastry crackers, and simple cakes. A proportion of one-fourth soybean flour to three-fourths wheat flour may be used in ordinary recipes for these products without change. A higher proportion usually necessitates an adjustment of the other ingredients. The recipe below uses equal parts of the soybean and wheat flour.

### Soybean muffins.

1 cup soybean flour	2 teaspoons baking powder
1 cup white or whole-wheat flour	3/4 cup milk
1 teaspoon salt	1 egg
2 tablespoons sugar	1 tablespoon melted fat

Sift the dry ingredients together. Mix the milk and beaten egg, add the melted fat, pour into the dry ingredients, and stir until they are just moistened. Bake in a hot oven (425°F.).

### Soybean Sprouts

Soybeans can be sprouted successfully in the home. Select any receptacle which has holes in it for drainage and which can be covered, such as a flower pot or a sink strainer. Be sure it is large enough, for as the beans sprout they increase in bulk at least six times. Soak the beans overnight. Next morning place them in the container, cover, and leave in a warm place. Flood with warm water at least four or five times daily during the sprouting period, which will require from four to six days. The sprouts should then be kept in a cool place just as any fresh vegetable. They are widely used in chop suey but may also be served either raw or cooked in salads omelets, soufflés, meat stews, and fricassées.

### Soybean Products

Methods for making soybean curd, soybean milk, and soy sauce are given in Farmers' Bulletin 1617, "Soybean utilization", which may be purchased from the Superintendent of Documents, Government Printing Office, Washington, D.C., for five cents.



